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LIFESPAN DEVELOPMENT
AND EDUCATIONAL SCIENCES

SPIRITUALITY, RESILIENCE, AND SOCIAL SUPPORT AS PREDICTORS OF LIFE
SATISFACTION IN YOUNG ADULTS WITH A HISTORY OF CHILDHOOD
TRAUMA (171 pp.)

Co-Directors of Dissertation: J. Stephen Rainey, Ph.D.
Cynthia Osborn, Ph.D.

The purpose of this study was to examine the relationship between the factors of resilience, spirituality, and social support to overall life satisfaction in a group of adults who experienced trauma before the age of 18. Participants for this study included 340 men and women who ranged in age from 18 to 30. Participation included completion of a demographic questionnaire, The Satisfaction with Life Scale (SWLS), The Assessment of Spirituality and Religious Sentiments (ASPIRES), The Connor-Davidson Resilience Scale 10 (CD-RISC 10), and The 2-Way Social Support Scale (2-Way SSS). Data were analyzed using a multiple regression analysis.

The current study demonstrated that several protective factors contribute to the positive outcome of life satisfaction in young adults with a history of childhood trauma. Among these protective factors are: Resilience, given instrumental social support, received instrumental social support, given emotional social support, received emotional social support, sex, involvement in a supportive romantic relationship, and level of education.